



## News 4 Nutrition

### Attention Parents!

As we have a few weeks of school successfully underway, Pre-K 4 SA is excited to reach out to you with helpful nutrition information!

Pre-K 4 SA has partnered with Registered Dietitians who are anxious to answer the burning questions you may have about you and your child's nutrition. As you know, your child is at a crucial age in growth and development. Proper nutrition plays a big role in this process.

In addition to providing a variety of wholesome and healthy meals, Selrico Services is interested in diving further into you and your child's relationship with food. Each month, you will receive a newsletter, like this one, where you will find a brief nutrition lesson with tips and healthy recipes. There will also be nutrition education sessions, where

Registered Dietitians will provide interesting and hands-on nutrition instruction to your children in the classroom. Monthly Produce Markets will also take place to promote healthy eating and to serve your families with nutritious and affordable produce. Check out the 'What is Coming Up' section for dates and times.

Some nutrition topics we plan to touch on include, but are not limited to: healthy eating on a budget; how to handle a picky eater; 30 minute, kid-friendly meal ideas; healthy portions for children, etc. What other nutrition and food related topics are you particularly interested in? Give it some thought—we would love to hear your questions and interests in upcoming events!

For now, we want you to remember that **food is fun!** Sure, it can too often feel

like a hassle to feed our families every day, especially the *right* way. But eating the right way is an art, a science and a lifestyle that your child has so much to learn from!



So **involve your child** in the kitchen. Have them wash the veggies or toss ingredients together. The more hands-on and involved they are, the more likely they will be to take those important bites. Involve them in this quick and easy recipe they'll be sure to love and have some fun with!

**Pre-K 4 SA**  
QUALITY learning. PROVEN results.

**Pre-K 4 SA**  
San Antonio, Texas

Your Monthly Newsletter

**September  
2015**

### What is Up & Coming?

- ☉ Fresh Produce Market: Friday, September 18th @ South Center
- ☉ Fresh Produce Market: Friday, September 25th @ North Center
- ☉ Fresh Produce Market: Friday, October 2nd @ East Center
- ☉ Teaching gardens are underway! Your child will help grow fall vegetables!

### Recipe Rundown → Fun Fruit Kabobs!

Have some fun with food! These kabobs are not only deliciously healthy but also help build your child's fine motor skills and creativity with patterns!



#### Ingredients:

1 apple  
1 banana  
1/3 c. red seedless grapes  
1/3 c. green seedless grapes  
2/3 cup pineapple chunks  
1 cup nonfat yogurt  
1/4 c. dried coconut, shredded (granola, nuts or raisins work well too!)

#### Directions:

Wash the fruit and cut into small squares or chunks.

Place fruit aside on a plate.

Spread the coconut and yogurt each onto its own large plate.

Slide the fruit onto a wooden skewer and design your own kabob from end to end.

Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.

Repeat these steps with another skewer.

### I have a Question/Concern...

#### Feel Free to Contact:

Rachel Bland, R.D.

Phone:  
210-889-9554

Email:  
rachelb@selricoservices.com

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